

Baumholder Laboratory

Description of Services

- The Baumholder Clinic Laboratory is classified by the College of American Pathologists (C.A.P.) as a moderate complexity laboratory.
- What this means simply is that we are not a full function laboratory like the main lab at Landstuhl. We only perform about a dozen types of tests in our lab here. Only about twenty percent of the specimens we collect are run here. The rest are sent to Landstuhl where either they perform the tests or they in turn send them to a contracted reference laboratory.

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Definitions

Fasting Tests
Glucose Tests

Fasting Tests

- Fasting is defined as to not eat or drink anything for a period of between eight and twelve hours. The only exceptions are water and medications. Fasting is required to obtain a baseline measure of your body's metabolism and other functions. Most fasting tests include cholesterol and glucose as a measured parameter. Most foods have one, if not both of these, and can elevate your blood levels. Even foods that claim to contain no sugars, like sugarless gum, contains a derivative glucose or sugar to taste sweet.

Glucose Tests

- There are three primary types of glucose tests we draw here at Baumholder. All tests except one, require fasting.
- ***REQUIRE FASTING***
 - Glucose Fasting
 - 2 Hour, and/or 3 Hour Glucose OB
 - PP or Post Prandial
- ***Do Not Require Fasting***
 - 1 Hour Glucose

Laboratory Policies on:

- **WIC Program**
- **Verifying Patient Identity**
- **Lab Results**
- **Med Pros Updates**
- **Children**

WIC (Women, Infants, Children) Program

- We coordinate with Baumholder's WIC office by performing iron blood tests on Mothers, infants, and children for their participants.
- The WIC office is responsible for providing the necessary paperwork to each participant for blood test results. This paperwork is absolutely necessary because it authorizes the laboratory to collect blood specimens in the absence of an order from a *licensed* Health Care Provider. Therefore this paperwork should be kept secure and is the responsibility of the participant to be able to provide it to us at the time of blood collection.

WIC (Women, Infants, Children) Program, continued

- Additionally, in order to help those in the WIC office do their job for you in a timely manner we ask that you come in for your blood test no later than 2 week before your next WIC appointment.
- Lastly, by law, we are not authorized to release patient results to any individual unless it is a licensed health care provider. The WIC office is responsible for sending an authorized staff member to collect the WIC forms you provide us in advance of your appointment.
- By understanding and following these policies we can help the WIC office help you.

Verifying Patient Identity

- In accordance with the Joint Commission's patient safety standards we are directed to verify patient identity by asking each patient for their military or dependant ID and their full name and date of birth. Please understand that although your name and date of birth are on these ID cards, we must make sure that information, your verbal information, and the information in our computer system match.
- In addition, for patients who are not active duty service members, but are entitled to our services through TriCare, we must also ask to see your Beneficiary Card as well.
- The military health care system and this lab take your health very serious which is why we take extraordinary care making sure you and your test results match.

Lab Results

- This we cannot emphasize enough: We cannot give out patient results to anyone, even the patients themselves, unless it is to a licensed health care provider.
- In other words, we can only give patient results to Doctors and Nurses.
- If you need results of lab tests you may get the results in one of two ways:
 - By asking your provider at the time of your appointment with that provider.
 - By asking one of our nurses outside of any scheduled appointments.
- The key point to remember is that you must be physically present with your provider or a nurse and present an ID for your or your dependent child's results.
- You may not even collect lab results for your spouse, unless you have a "Power of Attorney".
- Patient laboratory results are *closely* protected information and only given to authorized and verified individuals.

MED PROS

- Many soldiers are sent here by their units for HIV draws to clear their MEDPROS. There are some important facts you must understand about this.
 - This is the only test that we as a lab are authorized to order without a health care provider ordering it for you.
 - Once it is drawn here, it is the responsibility of your unit's Aid Station medics to update, in MEDPROS, the "draw date". At this point your status goes back to green. If there are no results within 60 days your status will reflex back to amber or red.
 - If you happen to be part of one of Baumholder's tenant units like IMCOM, the MPs, or CID, then you may see our SMRC office to ask them to update your status. They are located in office 102 on the first floor of the Primary Care Clinic.

Policies On Children in the Lab

- Children in the clinic and laboratory must be supervised at all times by their parents or legal guardians.
- We do have a small play tent in the waiting area for the lab to engage and stimulate healthy play activity while you or they wait as a courtesy to you both. However, overly aggressive or destructive behavior will result in us removing it. So please supervise and respect the tent for everyone to enjoy.
- If you need blood work collected and you bring your child or children please be advised that you must be prepared, depending on age, to bring a stroller or car seat to secure your child while we draw your blood. As a matter of safety we cannot allow you to hold your child while we draw your blood. There is no flexibility in this policy.
- If your child is here to have his or her blood drawn we will ask for your help in holding your child while we draw their blood. If your child possess a significant safety hazard in our lab when we attempt to draw blood you have three options:
 - We may escort you and your child to one of our treatment rooms to be physically restrained for their blood draw.
 - You may take your child to the LRMC laboratory.
 - Or you may decline having their blood drawn all together.

Walk-Ins

- The Baumholder Clinic Laboratory is a “walk-in” lab. In other words, as long as you have lab tests ordered by a licensed health care provider that are no older than 45 days old, you make walk in to have your labs drawn/collected. We do not require appointments.
- There are a few exceptions to this policy. This list would be too extensive to print here. Due to processing requirements and specimen types we may not be able to draw and process your specimen when you come in. In some cases you may not be aware that your provider has ordered one of these tests. For these reasons we ask that you try to have your specimens collected before 1500 on Thursdays.
 - HIV walk-ins:
 - If you are a soldier and are Red or Amber on your MEDPROS for HIV we may order and draw your blood without you needing to see a provider. This is the only exception.
 - A common question we hear is, “Can I just walk in for a pregnancy test?”
 - The answer is a conditional yes. Firstly, ask to see one of our nurses at either the 1st or 2nd floor check-in desk at the primary care clinic. Any of the nurse will kindly order the test for you. Secondly, you may then come to the laboratory to have your pregnancy test specimen collected.